

**ABSTRACT OF THE DISCLOSURE**

The present invention is a method of treating skin or hair conditions, such as acne, blemishes, breakouts, cellulite, oily skin, oily hair, oily scalp, or any combination thereof, that comprises topically applying an effective amount of perilla oil to the affected area of the skin or hair. The topical application of perilla oil inhibits PPAR upregulation in skin cells, particularly PPARalpha upregulation.

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